

March 2021 Camp Hill Golds Small Group Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 5:30pm FORGED/ Harry Squat 6x5	4 5:30pm FORGED/ Harry Bench Press 6x6	5	6 20 9am FORGED/ Harry Deadlift 6x6
7	8	9	10 5:30pm FORGED/ Harry Squat 5x8	11 5:30pm FORGED/ Harry Military Press 6x3	12	13 20 9am FORGED/ Harry Deadlift 6x5
14	15	16	17 5:30pm FORGED/ Harry Squat 6x4	18 5:30pm FORGED/ Harry Bench Press 6x5	19	20 9am FORGED/ Harry Clean to Press 6x4
21	22	23	24 5:30pm FORGED/ Harry Squat 5x8	25 5:30pm FORGED/ Harry Military Press 6x2	26	27 9am FORGED/ Harry Landmine Row 6x6
28	29	30	31 5:30pm FORGED/ Harry Squat 6x3	*IN THE PERSONAL TRAINING STUDIO	\$10/Class 5/\$45 10/\$85 \$99.99 Unlimited	